ORDERING REPLACEMENT PARTS

If you encounter any difficulties with this product, or if you need to order replacement parts, call the ICON Health & Fitness Ltd. office, or write:

ICON Health & Fitness Ltd.
Unit 4
Revie Road Industrial Estate
Revie Road
Beeston
Leeds
LS11 8JG
UK

Tel: Country Code:

08457-089009

Outside the UK: 0 (044) 133 387 7133
Fax: 0 (044) 122 387 7125

When ordering parts, please be prepared to give the following information:

- The MODEL NUMBER OF THE PRODUCT (WEEVBE32510)
- The NAME OF THE PRODUCT (WEIDER® 128 weight bench)
- The SERIAL NUMBER OF THE PRODUCT (see the front cover of this manual)
- The KEY NUMBER OF THE PART(S) (see the PART LIST and the EXPLODED DRAWING on pages 14 and 15 of this manual)
- The DESCRIPTION OF THE PART(S) (see the PART LIST and the EXPLODED DRAWING on pages 14 and 15 of this manual).

Part No. 175405 R0601A

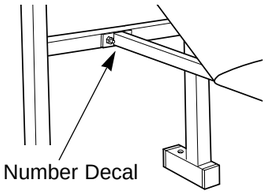
Printed in China © 2001 ICON Health & Fitness, Inc.

WEIDER®

128

USER'S MANUAL

Model No. WEEVBE32510
Serial No. _____
Write the serial number in the space above for future reference.



Serial Number Decal

QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing parts, we will guarantee complete satisfaction through our Customer Service Department.

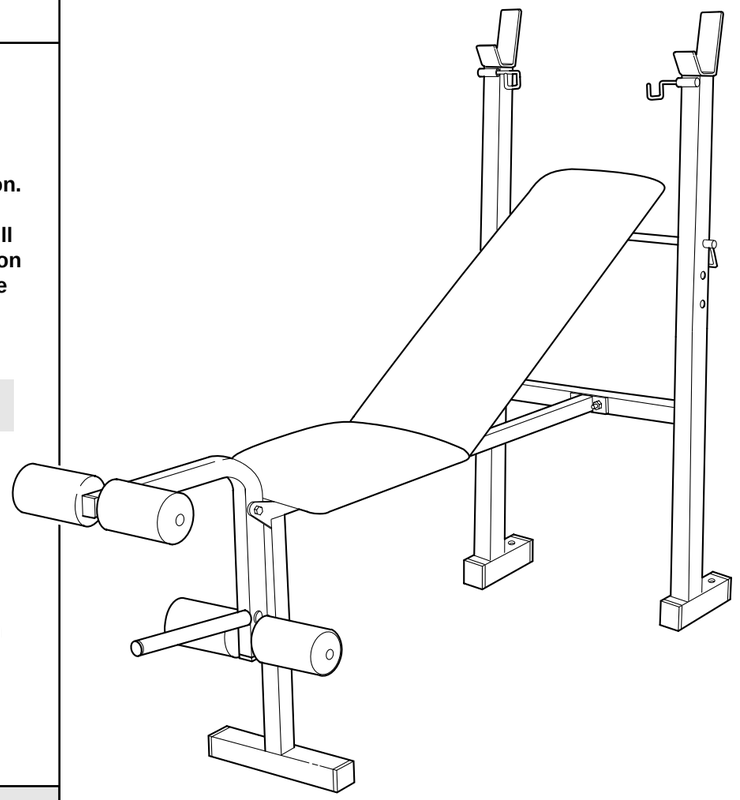
Please CALL:

08457-089009

Or WRITE:
ICON Health & Fitness Ltd.
Unit 4
Revie Road Industrial Estate
Revie Road
Beeston
Leeds, LS11 8JG
email: csuk@iconeurope.com

⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.



Visit our website at

www.weiderfitness.com

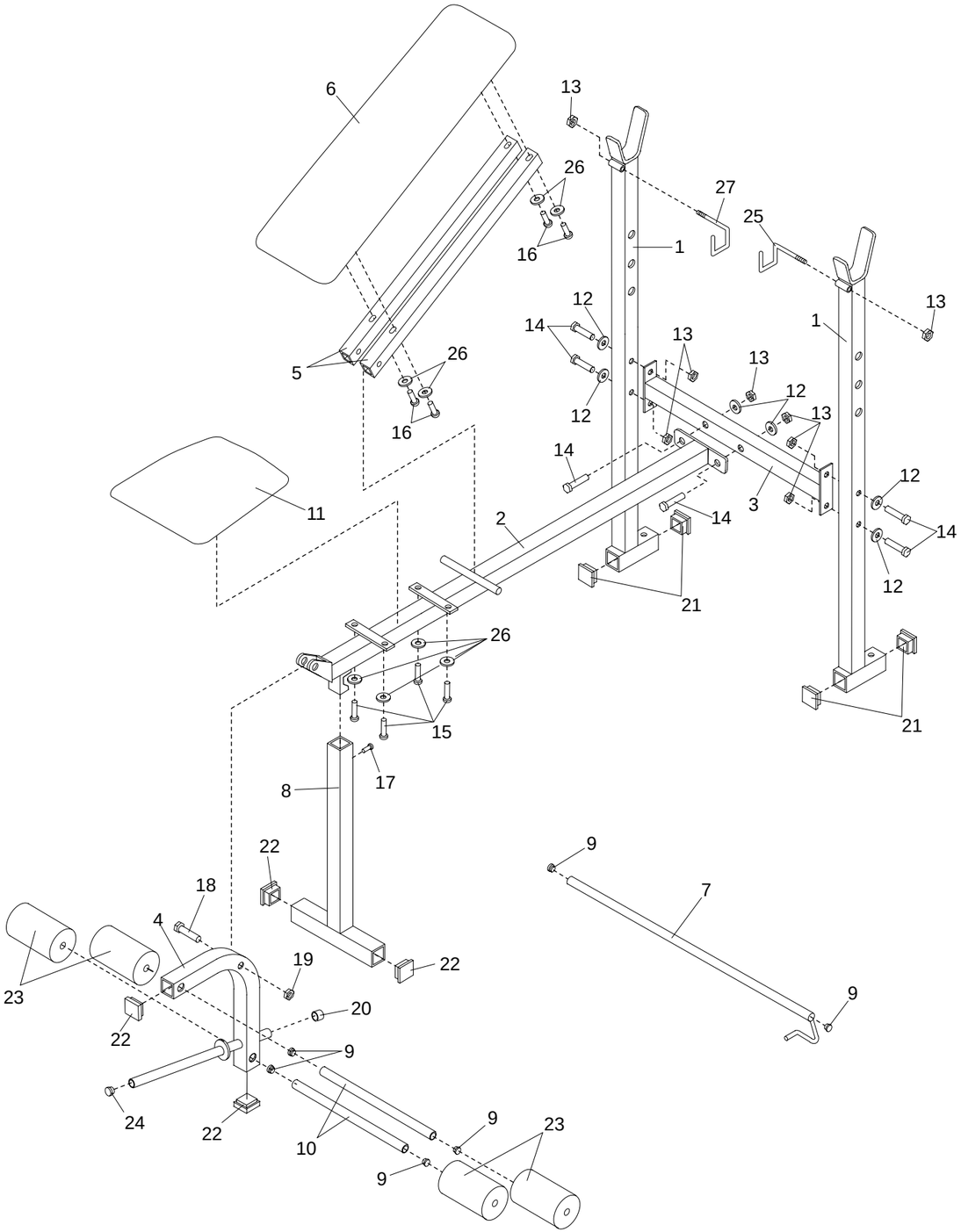
TABLE OF CONTENTS

IMPORTANT PRECAUTIONS 3
BEFORE YOU BEGIN 4
PART IDENTIFICATION CHART 5
ASSEMBLY 6
ADJUSTING THE WEIGHT BENCH 9
EXERCISE GUIDELINES 10
PART LIST 14
EXPLODED DRAWING 15
ORDERING REPLACEMENT PARTS . . . . . Back Cover

WEIDER is a registered trademark of ICON Health & Fitness, Inc.

EXPLODED DRAWING—Model No. WEEVBE32510

R0601A



PART LIST—Model No. WEEVBE32510

R0601A

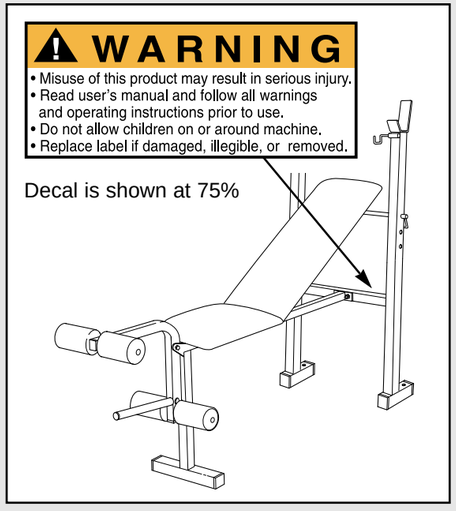
Key No.	Qty.	Description	Key No.	Qty.	Description
1	2	Upright	16	4	M6 x 38mm Screw
2	1	Frame	17	1	M10 x 19mm Bolt
3	1	Crossbar	18	1	M10 x 60mm Bolt
4	1	Leg Lever	19	1	M10 Nylon Locknut
5	2	Backrest Tube	20	1	1” Angled Round Cap
6	1	Backrest	21	4	38mm Square Inner Cap
7	1	Support Rod	22	4	30mm Square Inner Cap
8	1	Front Leg	23	4	Foam Pad
9	6	3/4” Round Inner Cap	24	1	1” Round Inner Cap
10	2	Pad Tube	25	1	Left Barbell Hook
11	1	Seat	26	8	M6 Washer
12	6	M8 Washer	27	1	Right Barbell Hook
13	8	M8 Nylon Locknut	#	1	User’s Manual
14	6	M8 x 57mm Bolt	#	1	Exercise Poster
15	4	M6 x 16mm Screw			

“#” Indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover of this manual for information about ordering replacement parts.

IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read the following important precautions before using the weight bench.

1. **Read all instructions in this manual before using the weight bench. Use the weight bench only as described in this manual.**
2. **It is the responsibility of the owner to ensure that all users of the weight bench are adequately informed of all precautions.**
3. **Use the weight bench only on a level surface. Cover the floor beneath the weight bench to protect the floor.**
4. **Inspect and tighten all parts each time you use the weight bench. Replace any worn parts immediately.**
5. **Keep children under 12 and pets away from the weight bench at all times.**
6. **Always make sure that there is an equal amount of weight (not included) on each side of your barbell (not included).**
7. **Do not use a barbell that is longer than 1.5 m (5 ft.) with the weight bench.**
8. **When you are using the leg lever, place a barbell with the same amount of weight on the weight rests to balance the bench.**
9. **Keep hands and feet away from moving parts.**
10. **Always wear athletic shoes for foot protection while exercising.**
11. **The weight bench is designed to support a maximum of 164 kg (360 lbs.), including the user, a barbell and weights. Do not place more that 50 kg (110 lbs.), including a barbell and weights, on the weight rests. Do not place more that 23 kg (50 lbs.) on the leg lever.**
12. **When using the backrest in an inclined position, make sure that the support rod is inserted completely through both uprights, and that the support rod is turned to the locked position.**
13. **If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.**
14. **The weight bench is intended for home use only. Do not use the weight bench in any commercial, rental, or institutional setting.**
15. **The decal shown below has been placed on the weight rack in the indicated location. If the decal is missing or illegible, please call our Customer Service Department toll-free at 08457-089009 to order a free replacement decal. Apply the decal in the indicated location.**


WARNING
• Misuse of this product may result in serious injury.
• Read user’s manual and follow all warnings and operating instructions prior to use.
• Do not allow children on or around machine.
• Replace label if damaged, illegible, or removed.
Decal is shown at 75%

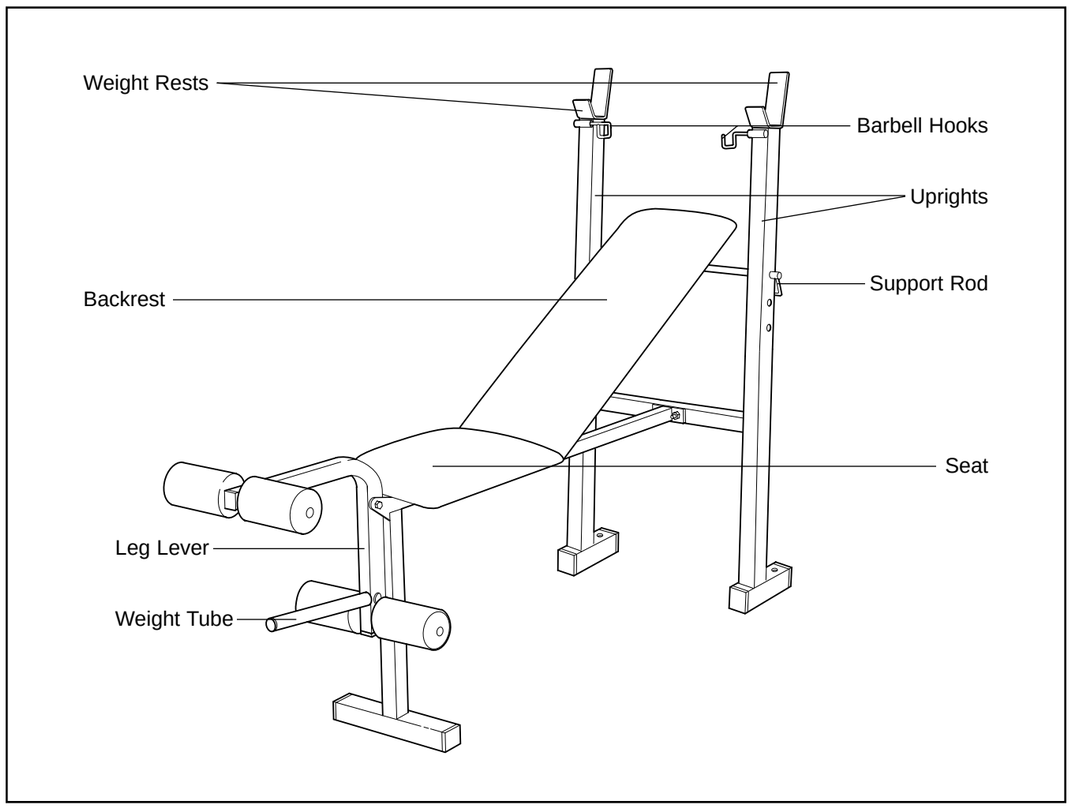
⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

BEFORE YOU BEGIN

Thank you for selecting the WEIDER® 128 weight bench. The versatile 128 weight bench is designed to be used with your own weight set (not included) to develop every major muscle group of the body. Whether your goal is a shapely figure, dramatic muscle size and strength, or a healthier cardiovascular system, the 128 weight bench will help you to achieve the specific results you want.

For your benefit, read this manual carefully before using the weight bench. If you have additional questions, please call our Customer Service Department at **08457-089009.** To help us assist you, please mention the product model number and serial number when calling. The model number is WEEVBE32510. The serial number can be found on a decal attached to the weight bench (see the front cover of this manual).

Before reading further, please familiarize yourself with the parts that are labeled in the drawing below.



MONDAY
Date:
___/___/___

EXERCISE	WEIGHT	SETS	REPS

TUESDAY **AEROBIC EXERCISE**
Date:
___/___/___

WEDNESDAY
Date:
___/___/___

EXERCISE	WEIGHT	SETS	REPS

THURSDAY **AEROBIC EXERCISE**
Date:
___/___/___

FRIDAY
Date:
___/___/___

EXERCISE	WEIGHT	SETS	REPS

Make photocopies of this page for scheduling and recording your workouts.

MONDAY
Date:
___/___/___

EXERCISE	WEIGHT	SETS	REPS

TUESDAY
Date:
___/___/___

AEROBIC EXERCISE

WEDNESDAY
Date:
___/___/___

EXERCISE	WEIGHT	SETS	REPS

THURSDAY
Date:
___/___/___

AEROBIC EXERCISE

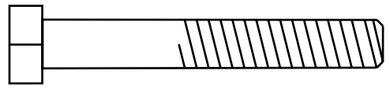
FRIDAY
Date:
___/___/___

EXERCISE	WEIGHT	SETS	REPS

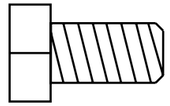
Make photocopies of this page for scheduling and recording your workouts.

PART IDENTIFICATION CHART

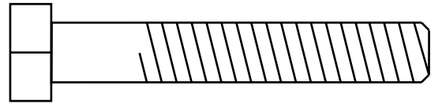
This chart is provided to help you identify the small parts used in assembly. The number in parenthesis below each part refers to the key number of the part, from the PART LIST on page 14. **Important: Some parts may have been pre-assembled for shipping purposes. If you cannot find a part in the parts bags, check to see if it has been pre-assembled.**



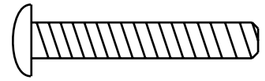
M8 x 57mm Bolt (14)



M10 x 19mm Bolt (17)

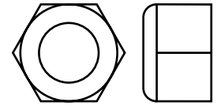


M10 x 60mm Bolt (18)

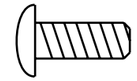


M6 x 38mm Screw (16)

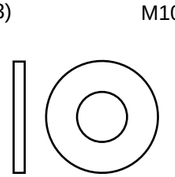
M8 Nylon Locknut (13)



M10 Nylon Locknut (19)



M6 x 16mm Screw (15)



M8 Washer (12)

M6 Washer (26)

ASSEMBLY

Make Things Easier for Yourself

Everything in this manual is designed to ensure that the weight bench can be assembled successfully by anyone. However, it is important to realize that the versatile weight bench has many parts and that the assembly process will take time. Most people find that by setting aside plenty of time, assembly will go smoothly.

Before beginning assembly, carefully read the following information and instructions:

- Assembly requires two people.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.
- Tighten all parts as you assemble them, unless instructed to do otherwise.
- As you assemble the weight bench, make sure all parts are oriented as shown in the drawings.
- For help identifying small parts, use the PART IDENTIFICATION CHART on page 5.

The following tools (not included) are required for assembly:

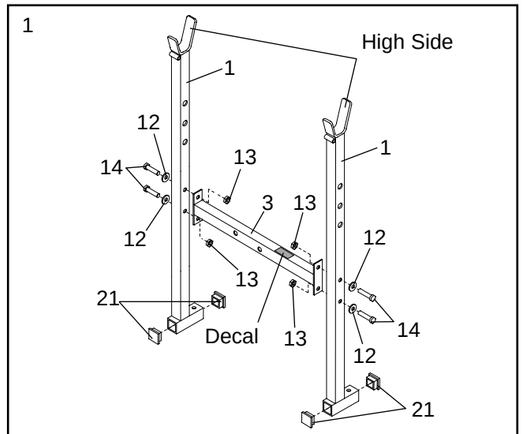
- **Two adjustable wrenches**
- **One rubber mallet**
- **One standard screwdriver**
- **One Phillips screwdriver**
- **Lubricant, such as grease or petroleum jelly, and soapy water.**

Assembly will be more convenient if you have a socket set, a set of open-end or closed-end wrenches, or a set of ratchet wrenches.

1. **Before assembling this product, make sure that you have read and understand the information in the box above.**

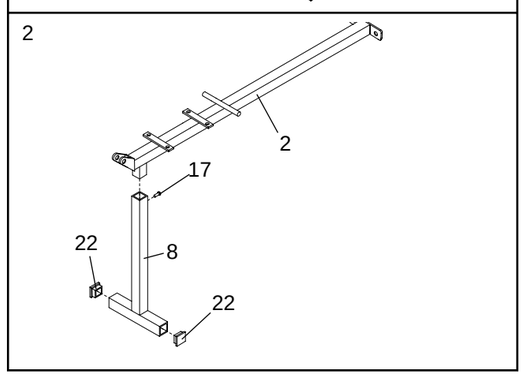
   Tap two 38mm Square Inner Caps (21) into each Upright (1).

   Orient the Crossbar (3) and the Uprights (1) as shown. **Note: The decal must be facing up and the high side of the weight rests must be on the indicated side.** Attach the Crossbar to the Uprights with four M8 x 57mm Bolts (14), four M8 Washers (12), and four M8 Nylon Locknuts (13).



2. Tap two 30mm Square Inner Caps (22) into the Front Leg (8).

   Attach the Front Leg (8) to the Frame (2) with the M10 x 19mm Bolt (17).



for 3 minutes after each set if you are doing a muscle building workout, 1 minute after each set if you are doing a toning workout, and 30 seconds after each set if you are doing a weight loss workout. Plan to spend the first couple of weeks familiarizing yourself with the equipment and learning the proper form for each exercise.

COOLING DOWN

End each workout with 5 to 10 minutes of stretching. Include stretches for both your arms and legs. Move slowly as you stretch—do not bounce. Ease into each stretch gradually and go only as far as you can without strain. Stretching at the end of each workout is very effective for increasing flexibility.

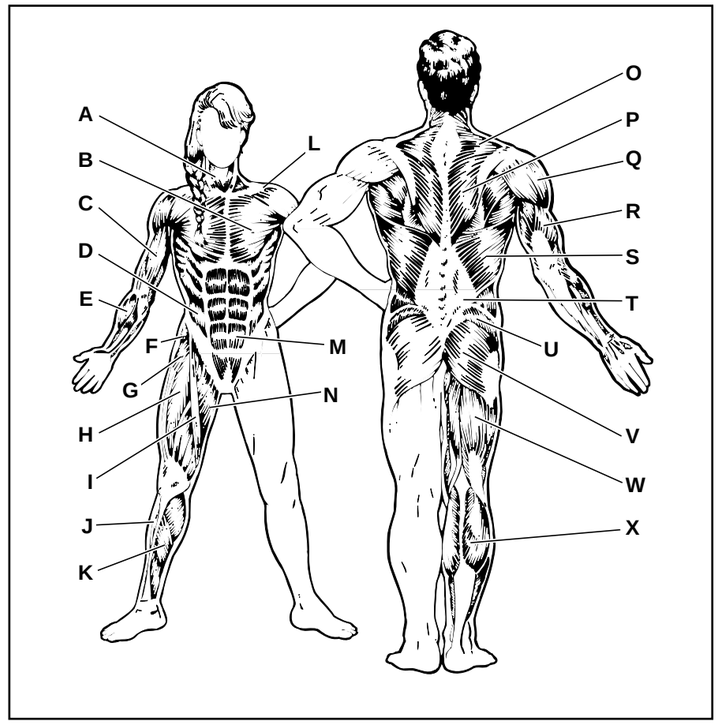
STAYING MOTIVATED

For motivation, keep a record of each workout. The charts on pages 12 and 13 of this manual can be photocopied and used to schedule and record your workouts. List the date, exercises performed, weight, and numbers of sets and repetitions completed. Record your weight and key body measurements at the end of every month.

Remember, the key to achieving the greatest results is to make exercise a regular and enjoyable part of your everyday life.

MUSCLE CHART

A. Sternomastoid (neck)
B. Pectoralis Major (chest)
C. Biceps (front of arm)
D. Obliques (waist)
E. Brachioradials (forearm)
F. Hip Flexors (upper thigh)
G. Abductor (outer thigh)
H. Quadriceps (front of thigh)
I. Sartorius (front of thigh)
J. Tibialis Anterior (front of calf)
K. Soleus (front of calf)
L. Anterior Deltoid (shoulder)
M. Rectus Abdominus (stomach)
N. Adductor (inner thigh)
O. Trapezius (upper back)
P. Rhomboideus (upper back)
Q. Posterior Deltoid (shoulder)
R. Triceps (back of arm)
S. Latissimus Dorsi (mid back)
T. Spinae Erectors (lower back)
U. Gluteus Medius (hip)
V. Gluteus Maximus (buttocks)
W. Hamstring (back of leg)
X. Gastrocnemius (back of calf)



EXERCISE GUIDELINES

THE FOUR BASIC TYPES OF WORKOUTS

• Muscle Building

In order to increase the size and strength of your muscles, you must push your muscles to a high percentage of their capacity. You must also progressively increase the intensity of your exercise so that your muscles will continually adapt and grow. Each individual exercise can be tailored to the proper intensity level by changing the amount of weight used, or the number of repetitions or sets performed. (A “repetition” is one complete cycle of an exercise, such as one sit-up. A “set” is a series of repetitions performed consecutively.)

The proper amount of weight for each exercise depends upon the individual user. It is up to you to gauge your limits. Select the amount of weight that you think is right for you. Begin with 3 sets of 8 repetitions for each exercise that you perform. Rest for 3 minutes after each set. When you can complete 3 sets of 12 repetitions without difficulty, increase the amount of weight.

• Toning

To tone your muscles, you must push your muscles to a moderate percentage of their capacity. Select a moderate amount of weight and increase the number of repetitions in each set. Complete as many sets of 15 to 20 repetitions as possible without discomfort. Rest for 1 minute after each set. Work your muscles by completing more sets rather than by using high amounts of weight.

• Weight Loss

To lose weight, use a low amount of weight and increase the number of repetitions in each set. Exercise for 20 to 30 minutes, resting for a maximum of 30 seconds between sets.

• Cross Training

In the pursuit of a complete and well-balanced fitness program, many have found that cross training is the answer. We recommend that on Monday, Wednesday and Friday, you plan weight training workouts. On Tuesday and Thursday, plan 20 to 30 minutes of aerobic exercise, such as cycling, running or swimming. Rest from both weight training and aerobic exercise for at least one full day each week to give your body time to regenerate. By combining weight training with aerobic exercise, you can reshape and strengthen your body, plus develop a stronger heart and lungs.

PERSONALIZING YOUR EXERCISE PROGRAM

We have not specified an exact length of time for each workout, or a specific number of repetitions or sets for each exercise. It is very important to avoid overdoing it during the first few months of your exercise program, and to progress at your own pace. If you experience pain or dizziness at any time whilst exercising, stop immediately and begin to cool down. Find out what is wrong before continuing. Remember that adequate rest and a proper diet are also important.

WARMING UP

Begin each workout with 5 to 10 minutes of light stretching and exercise to warm up. Warming up prepares your body for exercise by increasing circulation, raising your body temperature and delivering more oxygen to your muscles.

WORKING OUT

Each workout should include 6 to 10 different exercises. Select exercises for every major muscle group, with emphasis on the areas that you want to develop the most. To give balance and variety to your workouts, vary the exercises from workout to workout.

Schedule your workouts for the time of day when your energy level is the highest. Each workout should be followed by at least one day of rest. Once you find the schedule that is right for you, stick with it.

EXERCISE FORM

In order to obtain the greatest benefits from exercising, it is essential to maintain proper form.

Maintaining proper form means moving through the full range of motion for each exercise, and moving only the appropriate parts of the body. Exercising in an uncontrolled manner will leave you feeling exhausted. On the exercise poster accompanying this manual, you will find photographs showing the correct form for several exercises and lists of the muscles affected. Refer to the muscle chart on page 11 to find the locations of the muscles.

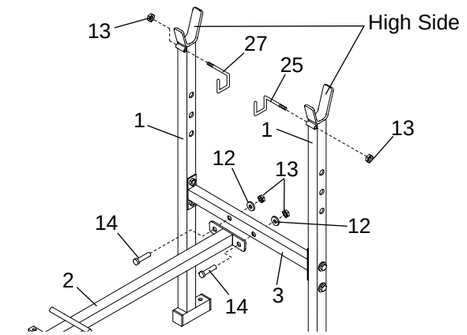
The repetitions in each set should be performed smoothly and without pausing. The exertion stage of each repetition should last about half as long as the return stage. Proper breathing is important. Exhale during the exertion stage of each repetition and inhale during the return stroke; never hold your breath. Rest

3. **Make sure that the Uprights (1) are oriented as shown. The high side of the weight rests must be on the indicated side.** Attach the Frame (2) to the Crossbar (3) with two M8 x 57mm Bolts (14), two M8 Washers (12) and two M8 Nylon Locknuts (13).

   Attach the Right Barbell Hook (27) to the right Upright (1) and an M8 Nylon Locknut (13).

   Attach the Left Barbell Hook (25) to the left Upright (1) in the same manner.

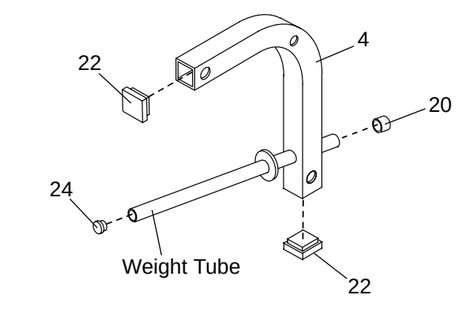
3



4. Tap a 30mm Square Inner Cap (22) into each end of the Leg Lever (4).

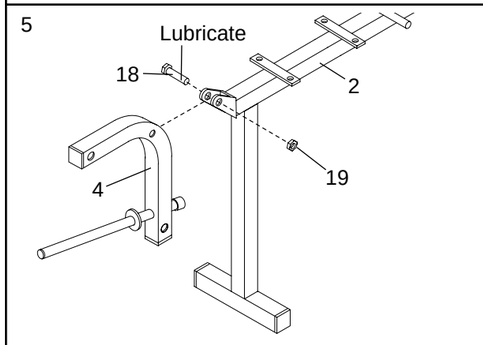
   Tap the 1” Round Inner Cap (24) into the indicated end of the weight tube on the Leg Lever (4). Tap the 1” Angled Round Cap (20) onto the other end of the weight tube.

4



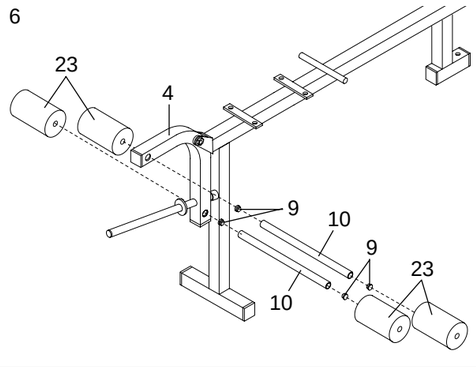
5. Lubricate the M10 x 60mm Bolt (18). Attach the Leg Lever (4) to the Frame (2) with the Bolt, and the M10 Nylon Locknut (19).

5

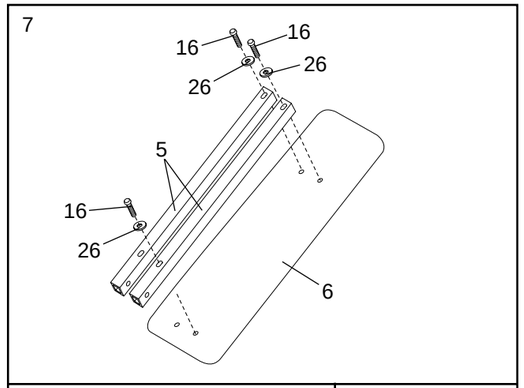


6. Tap two 3/4” Round Inner Caps (9) into each Pad Tube (10). Insert the Pad Tubes into the holes in the Leg Lever (4). Slide two Foam Pads (23) onto each Pad Tube.

6

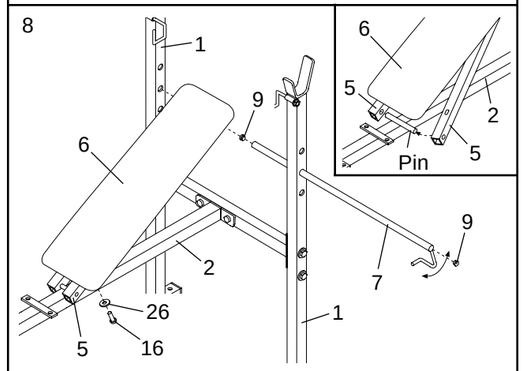


7. Attach one Backrest Tube (5) to the Backrest (6) with two M6 x 38mm Screws (16) and two M6 Washers (26). Attach the other Backrest Tube to the Backrest with one M6 x 38mm Screw and one M6 Washer. **Note: Do not tighten the three Screws yet. A fourth M6 x 38mm Screw will be attached at the end of step 8.**

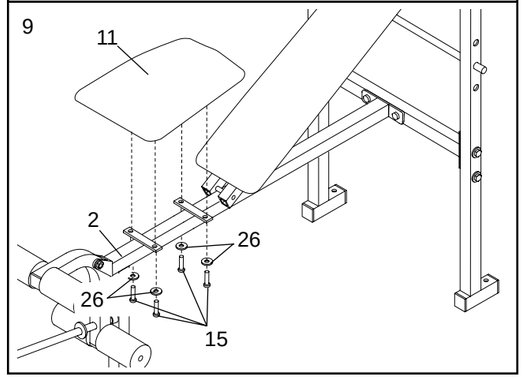


8. Tap a 3/4” Round Inner Cap (9) into each end of the Support Rod (7). Insert the Support Rod through one of the three sets of holes in the Uprights (1). Rotate the Support Rod to the locked position, with the end of the Support Rod clipped onto the Upright.

   See the inset drawing. Slide the ends of both Backrest Tubes (5) onto the pin on the Frame (2). Attach the free end of the Backrest Tube to the Backrest (6) with an M6 x 38mm Screw (16) and an M6 Washer (26). **Fully tighten all four M6 x 38mm Screws.**



9. Attach the Seat (11) to the brackets on the Frame (2) with four M6 x 16mm Screws (15) and four M6 Washers (26).



10. **Make sure that all of the bolts and nylon locknuts are properly tightened before you use the weight bench.**

ADJUSTING THE WEIGHT BENCH

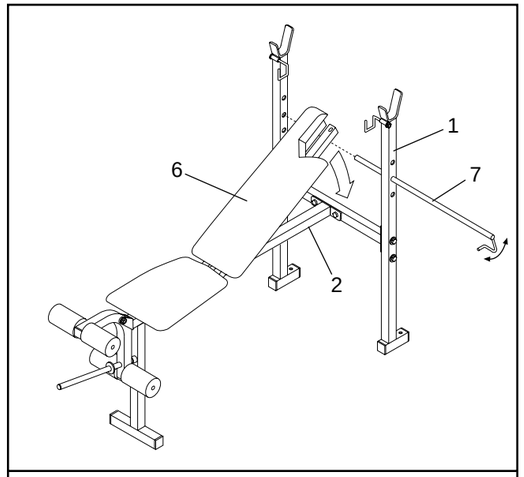
The weight bench is designed to be used with your own weight set (not included). The steps below explain how the weight bench can be adjusted. See EXERCISE GUIDELINES on page 10 for important exercise information and refer to the accompanying exercise guide to see the correct form for each exercise.

Inspect and tighten all parts each time you use the weight bench. Replace any worn parts immediately. The weight bench can be cleaned with a damp cloth and a mild, non-abrasive detergent. Do not use solvents.

ADJUSTING THE BACKREST

The Backrest (6) can be used in either a decline position or three inclined positions. To use the Backrest in the decline position, remove the Support Rod (7) and lay the Backrest on the Frame (2).

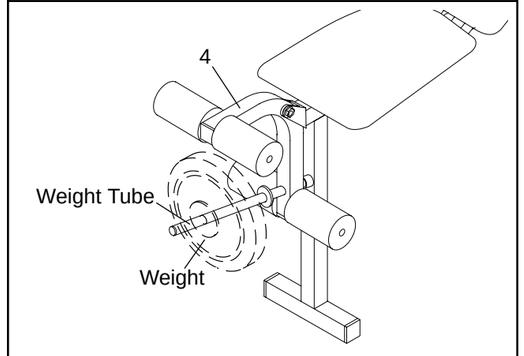
To use the Backrest (6) in an inclined position, lift the Backrest, and insert the Support Rod (7) through one of the three sets of holes in the Upright (1). Rotate the Support Rod to the locked position, with the end of the Support Rod clipped onto the Upright. Lay the Backrest on the Support Rod.



ATTACHING WEIGHTS

To use the Leg Lever (4), slide the desired weights (not included) onto the weight tube.

⚠WARNING: Do not place more than 23 kg (50 lbs.) on the Leg Lever (4).



USING THE BARBELL HOOKS

To change weights whilst your barbell (not included) is on the Uprights (1), secure the barbell with the Barbell Hooks (25, 27). To do this, flip the Barbell Hooks over the barbell. This will reduce the possibility of the barbell tipping whilst you are changing weights.